

AMENDMENTS TO THE CLAIMS

1. (Currently Amended) Stretching apparatus for use in stretching the lower limbs of a human subject said apparatus comprising:

first and second cradles each independently movable and each configured to support a leg, or part thereof, of said subject, each said cradle being movable between a corresponding respective non-stretching position and a corresponding respective stretching position; and

~~at least one cradle movement~~ first means for moving a cradle, said first means operable to independently move each said first cradle between said non stretching and stretching positions, said ~~at least one cradle movement~~ first means for moving a cradle comprising:

~~first movement rotation~~ means configured to rotate each said first cradle in a corresponding respective first plane of movement; and

~~second movement rotation~~ means configured to rotate said first cradle, configured to rotate each said first cradle in a corresponding respective in a second plane of movement transverse to a said first plane of movement;

second means for moving a cradle, said second means operable to independently move said second cradle between said non stretching and stretching positions, said second means for moving a cradle comprising:

rotation means configured to rotate said second cradle in a third plane of movement; and

rotation means configured to rotate said second cradle in a fourth plane of movement transverse to said third plane of movement.

2. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein each said cradle comprises respective first and second ends, a said first end of each said cradle being attached to a respective said means for moving a cradle, and each said cradle extending between its said first end, to which said cradle is attached, and its second end, ~~is attached to said cradle movement means at a first end of said cradle, said cradle extending from the connected cradle movement means to a second end.~~

3. (Previously Presented) Stretching apparatus as claimed in claim 1, wherein a said cradle comprises a first portion configured to support a portion of the subject's leg below the subject's knee, a second portion configured to support the subject's leg above the knee, and a hinge connecting said first and second portions.

4. (Previously Presented) Stretching apparatus as claimed in claim 1, wherein a said cradle comprises a first portion configured to support a portion of the subject's leg below the subject's knee, a second portion configured to support the subject's leg above the knee, and a hinge connecting said first and second portions, and said first and second portions are movable about said hinge to position the subject's leg in either a straight or a bent position.

5. (Previously Presented) Stretching apparatus as claimed in claim 1, wherein a said cradle further comprises means to adjust the cradle length.

6. (Currently Amended) Stretching apparatus as claimed in claim 1-, wherein a said cradle further comprises means to adjust the cradle length, said means to adjust the cradle length comprising a guide slot having a plurality of notches forming a plurality of adjustment positions; and

 a portion of said cradle comprises positioning means configured to locate in said notches,

 wherein said cradle length is slideably adjustable by movement of said positioning means between said notches.

7. (Previously Presented) Stretching apparatus as claimed in claims 1, wherein a said cradle forms a channel configured to receive the subject's leg.

8. (Previously Presented) Stretching apparatus as claimed in claim 1, wherein a said cradle forms a channel configured to receive the subject's leg, and further comprising at least one fastening strap arranged to fasten across said channel and said subject's leg contained therein.

9. (Previously Presented) Stretching apparatus as claimed in claim 1, wherein a said cradle comprises a first portion configured to support a portion of the

subject's leg below the subject's knee, a second portion configured to support the subject's leg above the knee, and a hinge connecting said first and second portions, and further comprising a locking means extending between said first and second cradle portions, said locking means arranged to releasably lock said cradle in a selected configuration.

10. (Previously Presented) Stretching apparatus as claimed in claim 1, wherein a said cradle comprises a first portion configured to support a portion of the subject's leg below the subject's knee, a second portion configured to support the subject's leg above the knee, and a hinge connecting said first and second portions, and further comprising a latch member extending between said first and second cradle portions, said latch member arranged to releasably lock said cradle in a selected configuration.

11. (Previously Presented) Stretching apparatus as claimed in claim 1, wherein a said cradle comprises a first portion configured to support a portion of the subject's leg below the subject's knee, a second portion configured to support the subject's leg above the knee, and a hinge connecting said first and second portions, and further comprising a spring loaded plunger extending between said first and second cradle portions, said spring loaded plunger arranged to releasably lock said cradle in a selected configuration.

12. (Currently Amended) Stretching apparatus as claimed in claims 1, wherein said a first movement rotation means configured to rotate said first cradle in said first plane comprises a first bearing and axle member connected to one end of a said first cradle,

rotation of said axle member about said first bearing being operable for raising or lowering of said first cradle.

13. (Currently Amended) Stretching apparatus as claimed in 1, wherein said second movement rotation means configured to rotate said first cradle in said second plane comprises a second bearing arranged such that rotation of said second bearing operates rotation of a said first cradle in a plane of constant height.

14. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein: a first movement said rotation means configured to rotate said first cradle in said first plane comprises a first bearing and axle member connected to one end of a said first cradle, rotation of said axle member about said first bearing being operable for raising or lowering of said first cradle;

said second movement said rotation means configured to rotate said first cradle in said second plane comprises a second bearing arranged such that rotation of said second bearing operates rotation of a said first cradle in a plane of constant height; and

wherein said first and second bearings rotate in said first and second planes of movement, each said plane of movement being offset to the other by 90°.

15. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein said rotation means configured to rotate said second cradle in said third plane comprises a third bearing and axle member connected to one end of said second cradle, rotation of

said axle member about said third bearing being operable for raising or lowering of said second cradle
~~cradle movement means comprises at least one ratchet operable to maintain a said movement means and a connected said cradle in a selected position.~~

16. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein
said rotation means configured to rotate said second cradle in a fourth plane comprises a fourth bearing arranged such that rotation of said fourth bearing operates rotation of a said second cradle in a plane of constant height
~~cradle movement means comprises at least one ratchet operable to maintain a said movement means and a connected said cradle in a selected position, wherein said ratchet provides a fine control mechanism for controlling a position of a said cradle during stretching.~~

17. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein:
said rotation means configured to rotate said second cradle in said third plane comprises a third bearing and axle member connected to one end of a said second cradle, rotation of said axle member about said third bearing being operable for raising or lowering of said second cradle;

said rotation means configured to rotate said second cradle in said second plane comprises a fourth bearing arranged such that rotation of said fourth bearing operates rotation of said second cradle in a plane of constant height; and
wherein said third and fourth bearings rotate in said third and fourth planes of movement, each said plane of movement being offset to the other by 90° a said cradle

~~movement means further comprises a damping mechanism configured to dampen return movement of a said cradle from a stretching position to a non-stretching position.~~

18. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a said ~~cradle movement means~~ for moving a cradle comprises at least one ratchet operable to maintain a said means and a connected said cradle in a selected position, ~~wherein said ratchet provides a fine control mechanism for controlling a position of said cradle during stretching~~ ~~further comprises locking means arranged to maintain an attached said cradle in a first selected position, said locking means releasable to enable movement of said cradle to a second selected position.~~

19. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a said ~~cradle movement means~~ for moving a cradle ~~further comprises~~ at least one ratchet operable to maintain a said means and a connected said cradle in a selected position, wherein said ratchet provides a fine control mechanism for controlling a position of said cradle during stretching ~~to measure the movement of a said cradle in a said plane of movement.~~

20. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a said ~~cradle movement means~~ for moving a cradle ~~further comprises~~ a damping mechanism configured to dampen return movement of a said cradle from a said stretching position to a

~~said non-stretching position~~~~handle portion~~ ~~operable for movement of a said cradle in said first and second planes of movement.~~

21. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a ~~said cradle movement means~~ for moving a cradle further comprises a locking means arranged to maintain an attached said cradle in a first selected position, ~~said locking means~~ releasable to enable movement of said cradle to a second selected position~~a height adjustment mechanism~~.

22. (Currently Amended) Stretching apparatus as claimed in claim 21, wherein a ~~said cradle movement means~~ for moving a cradle further comprises means to measure the movement of a said cradle in a said plane of movement~~a height adjustment mechanism which is adjustable to align an axis extending through the subject's hip joints with an axis of rotation of said first movement means.~~

23. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a ~~said apparatus~~ means for moving a cradle comprises a handle portion operable for movement of a said cradle in a said plurality of planes of movement~~two cradle movement means, each connected to a separate said cradle, wherein a frame portion extends between said cradle movement means.~~

24. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a said apparatus means for moving a cradle further comprises a height adjustment mechanism two cradle movement means, each connected to a separate said cradle, wherein a frame portion extends between said cradle movement means, wherein each said cradle movement means is slideably mounted on said frame portion, said frame portion further comprising adjustment means arranged to adjust the mounting position of each said cradle movement means and thereby to adjust the width between said cradle movement means.

25. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein each a said cradle means for moving a cradle further comprises a height adjustment mechanism which is adjustable to align an axis extending through the subject's hip joints with an axis of rotation of a said rotation means a support leg hingeably mounted at one end of said leg at the underside of a portion of said cradle and a castor attached at a second end of the leg such that said castor is in contact with a ground surface when said cradle is in a position of 0° flexion.

26. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein each a said cradle movement apparatus comprises a frame portion which extends between said first means for moving a cradle and said second means for moving a cradle means is slideably mounted on said frame portion, said frame portion further comprising adjustment means arranged to adjust the mounting position of each said cradle

~~movement means and thereby the width between said cradle movement means, wherein support means is provided to support at least one said cradle in a position of 0° flexion.~~

27. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a frame portion extends between said first means for moving a cradle and said second means for moving a cradle, wherein each said means for moving a cradle is slideably mounted on said frame portion, said frame portion further comprising adjustment means arranged to adjust the mounting position of each said means for moving a cradle and thereby to adjust the width between said first and second means for moving a cradle;

~~each said cradle movement means is slideably mounted on said frame portion, said frame portion further comprising adjustment means arranged to adjust the mounting position of each said cradle movement means and thereby the width between said cradle movement means, wherein support means is provided to support at least one said cradle in a position of 0° flexion;~~

~~said support means comprising:~~

~~an arm configured to connect said cradle to said cradle movement means;~~

~~at least one selected from the set of a roller, caster or stub, extending substantially transverse to a main underside of said arm; and~~

~~a support surface;~~

~~wherein when said cradle is in a position of 0° flexion, said one selected from a roller, caster or stub is in contact with said support surface.~~

28. (Previously Presented) Stretching apparatus as claimed in claim 1, wherein each said cradle comprises a support leg hingeably mounted at one end of said leg at the underside of a portion of said cradle and a castor attached at a second end of the leg such that said castor is in contact with a ground surface when said cradle is in a position of 0° flexion, said support means comprising a support bar, said support bar configured to be in contact with a lower surface of said cradle when said cradle is in said position of 0° flexion.

29. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a support means is provided to support at least one said cradle in a position of 0° flexion
~~said cradle comprises at least one roller mounted at the underside of a portion of said cradle such that said roller is in contact with a support surface when said cradle is in a position of 0° flexion.~~

30. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a support means is provided to support at least one said cradle in a position of 0° flexion;
said support means comprising:
an arm configured to connect said cradle to a said means for moving a cradle;
at least one selected from the set of a roller, castor or stub, extending substantially transverse to a main underside of said arm; and
a support surface;

wherein when said cradle is in a position of 0° flexion, said one selected from a roller, castor or stub is in contact with said support surface.

~~said cradle comprises at least one castor mounted at the underside of a portion of said cradle such that said castor is in contact with a support surface, when said cradle is in a position of 0° flexion.~~

31. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein support means is provided to support at least one said cradle, said support means comprising a support bar, said support bar configured to be in contact with a lower surface of said cradle when said cradle is in said position of 0° flexion~~further comprising a table arranged to support the upper body of said subject and connected to said apparatus at one end to support a subject in a supine position.~~

32. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a said cradle comprises at least one roller mounted at the underside of a portion of said cradle such that said roller is in contact with a support surface when said cradle is in a position of 0° flexion~~further comprising a table arranged to support the upper body of said subject and connected to said apparatus at one end to support a subject in a supine position, wherein a distance between said table and said apparatus is adjustable in a horizontal plane.~~

33. (Currently Amended) Stretching apparatus as claimed in claim 1, wherein a said cradle comprises at least one castor mounted at the underside of a portion of said cradle such that said castor is in contact with a support surface when said cradle is in a position of 0° flexion~~further comprising a table arranged to support the upper body of said subject and connected to said apparatus at one end to support a subject in a supine position, wherein a distance between said table and said apparatus is adjustable in a vertical plane.~~

34. (Currently Amended) Stretching apparatus as claimed in claim 1, further comprising a table arranged to support the upper body of said subject and connected to said apparatus at one end to support a subject in a supine position ~~wherein said apparatus further comprises a pelvic clamp comprising at least one clamping member movable to engage at the pelvis of a subject positioned in supine position on said apparatus, said clamp adjustable to tighten around the subject's pelvis.~~

35. (Currently Amended) Stretching apparatus as claimed in claim 1, further comprising a table arranged to support the upper body of said subject and connected to said apparatus at one end to support a subject in a supine position, wherein a distance between said table and said apparatus is adjustable in a horizontal plane~~said apparatus further comprises a pelvic clamp comprising at least one clamping member movable to engage at the pelvis of a subject positioned in supine position on said apparatus, said~~

~~clamp adjustable to tighten around the subject's pelvis, and said clamping member is shaped to surround the pelvic iliac crests of a human subject.~~

36. (Currently Amended) Stretching apparatus as claimed in claim 1, further comprising a table arranged to support the upper body of said subject and connected to said apparatus at one end to support a subject in a supine position, wherein a distance between said table and said apparatus is adjustable in a vertical plane for use in performing one or more stretches of muscle and soft tissue surrounding the human hip joint, said one or more stretches selected from the set comprising:

- ~~extension stretching; and/or~~
- ~~flexion stretching; and/or~~
- ~~medial rotation stretching; and/or~~
- ~~lateral rotation stretching; and/or~~
- ~~adduction stretching; and/or~~
- ~~abduction stretching.~~

37. (Currently Amended) Stretching apparatus as claimed in claim 1, further comprising a table arranged to support the upper body of said subject and connected to said apparatus at one end to support a subject in a supine position wherein said apparatus further comprises a pelvic clamp comprising at least one clamping member movable to

engage at the pelvis of a subject positioned in supine position on said apparatus, said clamp adjustable to tighten around the subject's pelvis;

~~a support table configured to support said subject's back and upper body in a supine position;~~

~~said at least one cradle movement means being operable by said subject from said supine position to move said cradles between a non stretching position and a stretching position.~~

38. (Currently Amended) Stretching apparatus as claimed in claim 1, further comprising a table arranged to support the upper body of said subject and connected to said apparatus at one end to support a subject in a supine position wherein said apparatus further comprises a pelvic clamp comprising at least one clamping member movable to engage at the pelvis of a subject positioned in supine position on said apparatus, said clamp adjustable to tighten around the subject's pelvis, and said clamping member is shaped to surround the pelvic iliac crests of a said human subject;

~~a support table configured to support said subject's back and upper body in a supine position;~~

~~said at least one cradle movement means being operable by said subject from said supine position to move said cradles between a non stretching position and a stretching position; and~~

~~each said cradle is independently movable by a separate said cradle movement means.~~

39. (Currently Amended) Stretching apparatus as claimed in claim 1, for use in performing one or more stretches of muscle and soft tissue surrounding the human hip joint, said one or more stretches selected from the set comprising:

extension stretching; and/or

flexion stretching; and/or

medial rotation stretching; and/or

lateral rotation stretching; and/or

adduction stretching; and/or

abduction stretching.

~~a support table configured to support said subject's back and upper body in a supine position;~~

~~said at least one cradle movement means being operable by said subject from said supine position to move said cradles between a non-stretching position and a stretching position; and~~

~~— wherein each said cradle movement means is located in the region of one end of a respective said cradle so as to locate each said cradle movement means in use adjacent said subject's respective hip joints.~~

40. (Currently Amended) Stretching apparatus as claimed in claim 1, comprising:

a support table configured to support said subject's back and upper body in a supine position;

at least one ~~said at least one~~ ~~cradle movement means for moving a cradle~~ being operable by said subject from said supine position to move said cradles between a said non-stretching position and a said stretching position, ~~and further comprising a clamp arranged to engage at the pelvis of a subject positioned on said apparatus in said supine position.~~

41. (Currently Amended) Stretching apparatus as claimed in claim 1, comprising:

a support table configured to support said subject's back and upper body in a supine position;

a ~~said at least one~~ ~~cradle movement means for moving a cradle~~ being operable by said subject from said supine position to move a ~~said~~ cradles between a non-stretching position and a stretching position, and ~~further comprising~~

wherein each said cradle is independently movable by a separate said means for moving a cradle ~~a clamp arranged to engage at the pelvis of a subject positioned on said apparatus in said supine position;~~

~~wherein said clamp comprises first and second clamping members arranged on opposite long sides of said table and means to urge said members together.~~

42. (Currently Amended) Stretching apparatus as claimed in claim 1, comprising:

a support table configured to support said subject's back and upper body in a supine position;

a said means for moving a cradle being operable by said subject from said supine position to move a said cradles between a non-stretching position and a stretching position; and

wherein each said means for moving a cradle is located in the region of one end of a respective said cradle so as to locate each said means for moving a cradle, in use adjacent said subject's respective hip joints~~wherein said cradle movement is supported in use by a cradle movement means support surface.~~

43. (Currently Amended) Stretching apparatus as claimed in claim 1, comprising:

a support table configured to support said subject's back and upper body in a supine position;

a said means for moving a cradle being operable by said subject from said supine position to move a said cradle between a non-stretching position and a stretching position, and further comprising a clamp arranged to engage at the pelvis of a subject positioned on said apparatus in said supine position~~for use in performing controlled stretching of the muscles and soft tissues associated with the human hip joint, said apparatus comprising:~~

~~first and second cradles each independently movable and each configured to support a leg, or part thereof, of said subject, each said cradle being movable between a~~

~~corresponding respective non-stretching position and a corresponding respective stretching position; and~~

~~at least one cradle movement means operable to independently move each said cradle between said non-stretching and stretching positions, said at least one cradle movement means comprising:~~

~~— first movement means configured to rotate each said cradle in a corresponding respective first plane of movement;~~

~~— second movement means configured to rotate each said cradle in a corresponding respective second plane of movement transverse to a said first plane of movement;~~

~~— two independently movable cradles each for use in positioning a subject's leg during stretching, each cradle movable between a stretching and non-stretching position; and~~

~~two cradle movement means each connected to a corresponding respective said cradle, each said cradle movement means having first and second pivots forming first and second axes of rotation, said cradle movement means operable to independently move said connected cradle in corresponding first and second planes of movement,~~

~~wherein movement in said first plane causes a movement of said support in a sagittal plane with respect to a human subject and movement in said second plane causes a rotation of each portion of said support in a coronal plane with respect to a human subject.~~

44. (Currently Amended) Stretching apparatus as claimed in claim 1, comprising:

a support table configured to support said subject's back and upper body in a supine position;

a said means for moving a cradle being operable by said subject from said supine position to move said cradles between a non-stretching position and a stretching position, and further comprising;

a clamp arranged to engage at the pelvis of a subject positioned on said apparatus in said supine position;

wherein said clamp comprises first and second clamping members arranged on opposite long sides of said table and means to urge said members together for use in performing abduction and/or adduction stretching of a human subject's thigh adductor and/or abductor muscles respectively, said apparatus comprising:

~~first and second cradles each independently movable and each configured to support a leg, or part thereof, of said subject, each said cradle being movable between a corresponding respective non-stretching position and a corresponding respective stretching position; and~~

~~at least one cradle movement means operable to independently move each said cradle between said non stretching and stretching positions, said at least one cradle movement means comprising:~~

~~first movement means configured to rotate each said cradle in a corresponding respective first plane of movement; and~~

~~second movement means configured to rotate each said cradle in a corresponding respective second plane of movement transverse to a said first plane of movement, wherein:~~

~~said first and second cradles are each configured to support a leg, or part thereof, of said subject such that said leg is held substantially in an extended position, each said cradle rotatable in a plane of; and~~

~~at least one cradle movement means operable to rotate a said cradle about an axis of rotation and in a said plane of movement so as to move said leg across and/or away from a midline of said subject's body to perform adduction and/or abduction stretches of the subject's leg respectively.~~

45. (Currently Amended) Stretching apparatus as claimed in claim 144, wherein said means for moving a cradle is supported in use by a support surface~~human subject is substantially in the anatomical position, said plane of movement is substantially the coronal plane with respect to said human subject.~~

46. (Currently Amended) Stretching apparatus for use in performing controlled stretching of the muscles and soft tissues associated with the human hip joint, said apparatus comprising:

first and second cradles each independently movable for use in positioning a subject's legs during stretching and each configured to support a leg, or part thereof, of

said subject, each said cradle being movable between a corresponding respective non-stretching position and a corresponding respective stretching position; and

two means for moving a cradle, each said means connected to a corresponding respective said cradle, means for moving a cradle having first and second pivots forming first and second axes of rotation, said each said means for moving a cradle operable independently to move said respective connected cradle in a sagittal plane with respect to a human subject, and to move said respective connected cradle in a coronal plane with respect to a human subject as claimed in claim 44, wherein when said human subject's hips are substantially in a position of 90° flexion, said plane of movement is substantially the transverse plane with respect to said human subject.

47. (Currently Amended) Stretching apparatus for use in performing abduction and/or adduction stretching of a human subject's thigh adductor and/or abductor muscles
~~medial or lateral rotation stretching of a human subject's thigh lateral rotator or medial rotator muscles respectively~~, said apparatus comprising:

first and second cradles each independently movable and each configured to support a leg, or part thereof, of said subject, each said cradle being movable between a corresponding respective non-stretching position and a corresponding respective stretching position, such that said leg is held substantially in an extended position; and

~~at least one cradle movement~~ first and second means for moving a cradle, each said means operable to independently move a corresponding respective each said cradle

between said non-stretching and stretching positions, each said at least one cradle movement means for moving a cradle comprising:

first movement rotation means configured to rotate each said corresponding cradle in a corresponding respective first plane of movement; and

second movement rotation means configured to rotate each said corresponding cradle in a corresponding respective second plane of movement transverse to a said first plane of movement, wherein:

at least one said cradle movement means for moving a cradle, said means being operable to rotate a said cradle about an axis of rotation and in a said plane of movement so as to move said leg across and/or away from a midline of said subject's body to perform adduction and/or abduction stretches of the subject's leg respectively ~~is configured to support a leg, or part thereof, in a position such that the thigh of the supported leg is substantially orthogonal to the subject's upper body, said cradle being rotatable about an axis of rotation so as to move a portion of said supported leg in a direction across or away from a midline of the subject's body to perform lateral rotation or medial rotation stretches respectively; and~~

~~said at least one cradle movement means being operable to rotate said cradle about said axis of rotation, wherein in use, said axis is arranged to be substantially coincident with an axis extending through a subject's respective hip joint and knee joint.~~

48. (Cancelled).

49. (Cancelled).

50. (New) Stretching apparatus as claimed in claim 44, wherein when said human subject is substantially in the anatomical position, said means for moving a cradle is capable of moving said cradle in substantially the coronal plane with respect to said human subject.

51. (New) Stretching apparatus as claimed in claim 44, wherein when said human subject's hips are substantially in a position of 90° flexion, a said plane of movement is substantially the transverse plane with respect to said human subject.

52. (New) Stretching apparatus for use in performing medial or lateral rotation stretching of a human subject's thigh lateral rotator or medial rotator muscles respectively, said apparatus comprising:

first and second cradles each independently movable and each configured to support a leg, or part thereof, of said subject, each said cradle being movable between a corresponding respective non-stretching position and a corresponding respective stretching position; and

at least one means for moving a said cradle, said means operable to independently move a said cradle between a said non-stretching and stretching positions, said at least one means for moving a cradle comprising:

rotation means configured to rotate said cradle in a first plane of movement; and

rotation means configured to rotate said cradle in a second plane of movement transverse to a said first plane of movement, wherein:

at least one said cradle is configured to support a leg, or part thereof, in a position such that the thigh of the supported leg is substantially orthogonal to the subject's upper body, said cradle being rotatable about an axis of rotation so as to move a portion of said supported leg in a direction across or away from a midline of the subject's body to perform lateral rotation or medial rotation stretches respectively; and

said at least one means for moving a cradle being operable to rotate said cradle about said axis of rotation, wherein in use, said axis is arranged to be substantially coincident with an axis extending through a subject's respective hip joint and knee joint.